



Tangy fennel & rocket salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 lemon zest



3 tbsp olive oil extra-virgin



2 fennel bulbs cored thinly sliced



150 g pack rocket



0.5 onion red thinly sliced

Equipment

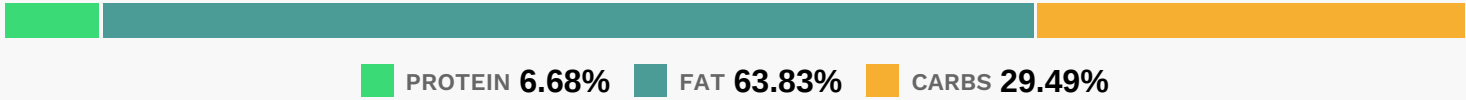


whisk

Directions

☐ Whisk together the lemon juice and oil, then season well. Just before serving, toss through the fennel, rocket, onion and lemon zest. Pile up in a serving platter and eat straight away.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:2.74, Inflammation Score:-8, Nutrition Score:13.312173998874%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg Kaempferol: 13.17mg, Kaempferol: 13.17mg, Kaempferol: 13.17mg, Kaempferol: 13.17mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 144.67kcal (7.23%), Fat: 11g (16.92%), Saturated Fat: 1.59g (9.96%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 6.81g (2.48%), Sugar: 6.01g (6.68%), Cholesterol: 0mg (0%), Sodium: 71.82mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin K: 120.73µg (114.98%), Vitamin C: 22.62mg (27.42%), Vitamin A: 1047.68IU (20.95%), Fiber: 4.62g (18.48%), Potassium: 645.34mg (18.44%), Manganese: 0.36mg (18.08%), Folate: 70.77µg (17.69%), Vitamin E: 2.36mg (15.72%), Calcium: 122.61mg (12.26%), Magnesium: 39.12mg (9.78%), Iron: 1.5mg (8.34%), Phosphorus: 82.17mg (8.22%), Copper: 0.11mg (5.62%), Vitamin B6: 0.1mg (5.07%), Vitamin B5: 0.46mg (4.57%), Vitamin B3: 0.89mg (4.43%), Vitamin B2: 0.07mg (4.39%), Zinc: 0.44mg (2.92%), Vitamin B1: 0.04mg (2.36%), Selenium: 1.01µg (1.44%)